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NEWS WORTH SHARING.

Going from young boy to old Mandela

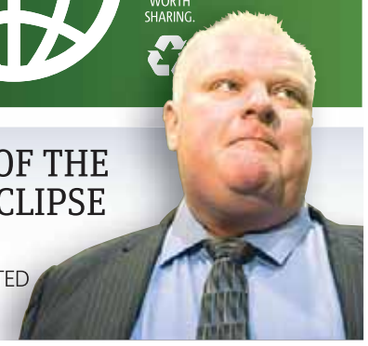
Director depicts a truly Long Walk to Freedom PAGE 22

Real men change tires and diapers

Poll says more dads doing their fair share of work PAGE 25

ONLY THE GOD OF THE GAFFE COULD ECLIPSE ASTRONAUT

TORONTO'S ROB FORD VOTED NEWSMAKER OF THE YEAR WITH 63% OF VOTE PAGE 13



Shane Schroeder, left, was killed in an avalanche snowboarding out of bounds at Kicking Horse Mountain Resort. FACEBOOK

Tributes pour in for fallen snowboarder

Avalanche. Friends say they are establishing a disaster-awareness program in his memory

An Edmonton man who died in an avalanche in eastern B.C. on Friday was remembered as the kind of person who could make others smile and forget their problems.

A friend and posts on a Facebook memorial page identified the man who died just outside of the community of Golden as Shane Schroeder.

Police and search-and-rescue teams responded to a call from a rider who was with Schroeder at the time of the avalanche, which happened in an out-of-bounds area near the Kicking Horse Mountain Resort, police said.

"Everybody who met Shane would automatically become best friends with the guy because you never met someone like him," said Scott Dougherty, a friend of Schroeder from Edmonton.

A person who identified himself as Alex Lee posted on a memorial page on Facebook that he was with Schroeder during the incident.

"Everybody needs to know that he saved my life," wrote Lee. He did not give any further details on the page.

Dougherty said friends are establishing an avalanche-awareness program to honour his memory. The goal is to put as many stickers as possible on ski resorts throughout North America, posts on the page said.

THE CANADIAN PRESS

Transcendent

"To explain him would take too many words — he was that incredible of a person."

Scott Dougherty, a friend of the victim

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NEWS

Management issues

Ambulance officials on leave

The top two officials in charge of ambulance services in British Columbia have been placed on paid administrative leave.

Darwin Sauer of the Provincial Health Services Authority says his agency has also hired a third-party investigator to review what he calls management issues concerning Michael MacDougall and Les Fisher.

He says MacDougall is the executive vice-president of the health-services authority and president of BC Emergency Health Services, and Fisher is the chief operating officer of the BC Ambulance Service.

Sauer says he can't provide any other details about the investigation because it is a personnel matter. THE CANADIAN PRESS

Coroner's findings

Teens' deaths blamed on booze, lack of life jackets

The coroner says alcohol and an absence of life jackets were factors in the deaths of two teens who drowned earlier this year in Interior B.C.

The B.C. Coroners Service has released its report into the deaths of Austin Kingsborough and Brendan Wilson, who died in April when their canoe capsized on a chilly lake near Merritt.

The report says the teens were intoxicated, likely resulting in a diminished reaction time, reduced motor skills and altered depth perception. THE CANADIAN PRESS

Karim Meskine, 19, died Friday from injuries sustained in an attempted robbery in New Westminster last Tuesday. FACEBOOK.COM

Loved ones mourn beating victim

New Westminster. Karim Meskine died in hospital days after a brutal attack during a robbery attempt

EMILY JACKSON
emily.jackson@metronews.ca

The day after Karim Meskine's 19th birthday, messages flooded his Facebook page.

But instead of birthday wishes, his friends expressed grief.

Meskine died in hospital with his family by his side on Friday from injuries sustained in a vicious, random attack during an attempted robbery in New Westminster on Tuesday.

"Karim was the innocent victim of an unprovoked attack and was found unconscious by a passerby who called 911 for help," Sgt. Bari Emam of the Integrated Homicide Investigation Team said in a statement announcing the teen's death. "This is one of the saddest cases I have been a part of all these years at IHIT."

Meskine spent three days in a coma after he was found near 23rd Street and 8th Avenue with injuries so severe neither police officers nor doctors expected him to survive.

Described as a quiet, kind and humble soccer fan who didn't own a cellphone, Meskine is remembered by his family and hundreds of friends on a Facebook memorial page.

All are devastated, and many are calling for justice.

The suspect in the case is 16 years old and has been charged with aggravated assault and assault with a weapon. Those charges will likely be upgraded to murder this week.

A memorial dinner will be held in Surrey on Monday. To help pay for the burial costs, a trust fund has been set up.

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Pedalling holiday cheer

PinkBike.com.
Website raises money to give deserving children in Vancouver bikes on Monday

MATT KIELTYKA
matt.kieltyka@metronews.ca

A group of Vancouver-based mountain bikers are going off the beaten trail to conquer Christmas.

PinkBike.com publisher Julian Coffey and his team will be giving 70 bicycles to deserving children in Vancouver on Monday after raising more than $41,000 through their month-long Operation Share the Ride campaign.

"Maybe its not as practical (as other holiday charitable causes) but it was something we can do," Coffey told Metro. "Symbolically, a bike is something every kid wants. It's your first step towards freedom. It's growing up, being independent and fun. I don't think there's anything else that would replicate the feeling you get as a kid than your first bike. It's such a cool thing to have."

The popular mountain biking site rounded up support from some of the biggest names in the industry (like Norco, Trek, Giant and Shimano) to ensure that every $100 will be enough to buy an underprivileged child a brand new bike, helmet and lock.

Pink Bike then contacted housing authorities, schools and service providers around the world to make sure the bikes were going to deserving homes.

Along with Vancouver, bikes have already been delivered to kids in Washington State, Boston, Poland, Australia and the United Kingdom.

Coffey said he was blown away by the public's response and thinks the drive — they did a similar one locally in 2007 — could become an annual tradition in the mountain bike community.

Seventy lucky kids in Vancouver will be getting a new bike for Christmas thanks to a fundraising campaign started by Vancouver-based mountain bike website PinkBike.com. COURTESY OF MARGUS RIGA

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'New route is a game-changer.' B.C.'s newest highway officially opens

The $1.26-billion South Fraser Perimeter Road opened in Delta on Saturday.

The new four-lane highway connects to all five major Fraser River crossings, and aims to relieve traffic between the Port Mann, Pattullo and Alex Fraser bridges.

"This new route is a game-changer for industry, commuters and tourists — it will cut commute times for families and make B.C. more competitive by connecting key port and rail facilities with access to borders, the Tsawwassen Ferry Terminal and the B.C. Interior," said Todd Stone, the minister of transportation and infrastructure.

Many locals, however, opposed the highway and voiced their concerns about the impact the highway would have on climate, heritage sites and neighbourhoods.

The 40-kilometre road will improve safety for drivers, while improving the transportation of goods to export destinations in the Asia-Pacific, the government said.

It is expected to generate economic and business opportunities and lead to 7,000 long-term jobs in Delta and Surrey through industrial development opportunities along the corridor.

SINDHU DHARMARAJAH/FOR METRO

MP Kerry-Lynne Findlay and B.C. Transportation Minister Todd Stone
COURTESY FLICKR

Harper will have to deal with world's oldest profession

Law. Supreme Court ruling forces prostitution policy front on PM for 2014

Call it the world's oldest legislative headache.

A Conservative government that hoped to restore its fortunes in 2014 by talking about pipelines, international trade and victims of crime now will have to deal with the world's oldest profession.

The Supreme Court of Canada effectively gutted Canada's prostitution laws by finding this week that legislation against street soliciting, living on the avails and keeping a brothel was unconstitutional.

The court gave Parliament one year to come up with a new legislative scheme before the old laws are unenforceable.

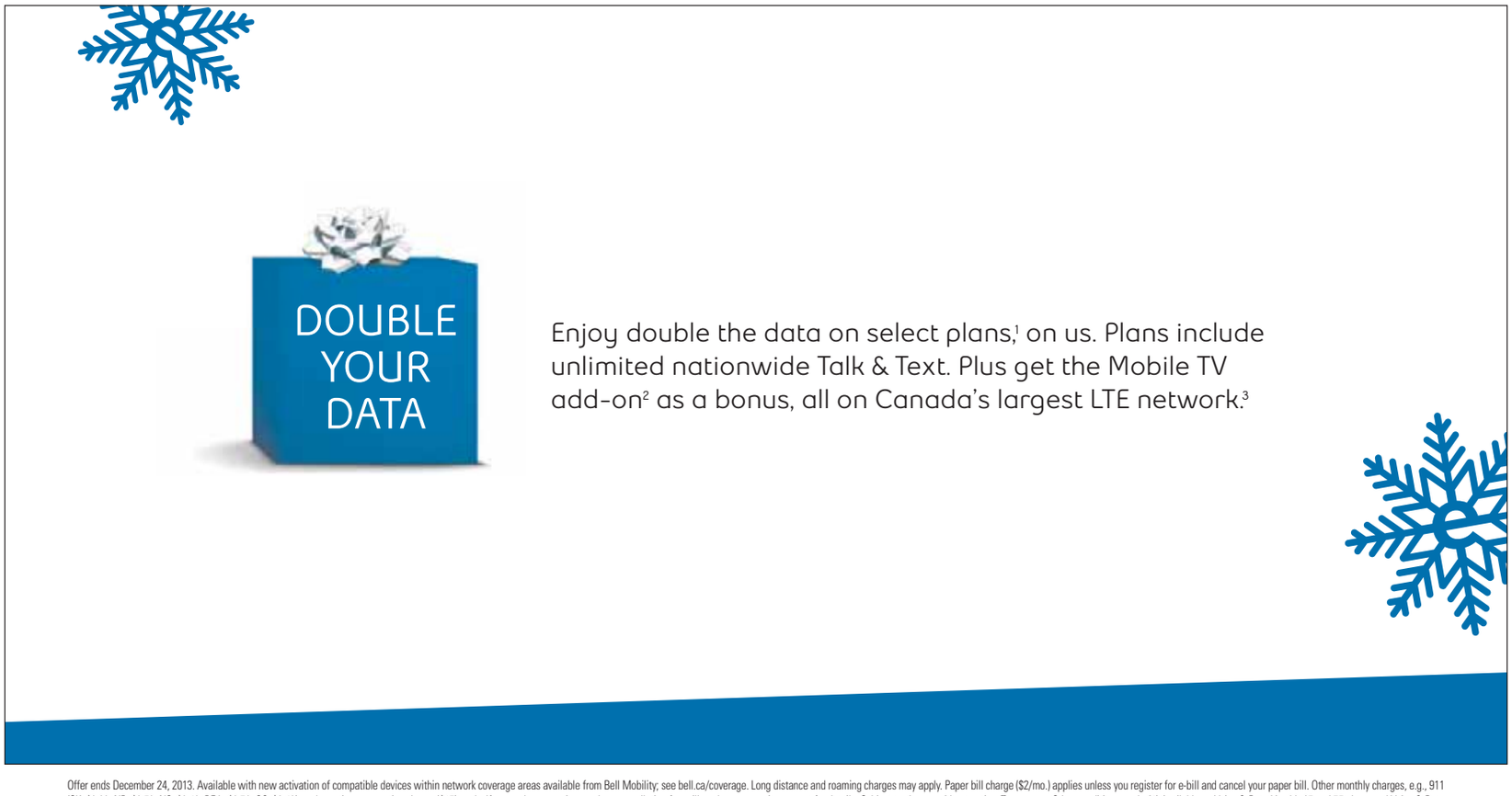
While sex workers cheered at the Supreme Court in the hopes the unanimous court judgment ultimately leads to the decriminalization of prostitution, there seems little prospect of that under a government led by Prime Minister Stephen Harper.

"We view prostitution as bad for society and we view its effects as particularly harmful for our communities and women, and particularly for vulnerable women, and we will continue to oppose prostitution in Canada," Harper said in March 2012 after the Ontario Court of Appeal set in motion Friday's decision by striking down parts of the federal law.

The prime minister has steered clear of social conservative lightning rods during his eight years in power, allowing a free parliamentary vote that affirmed same-sex marriage in 2006 and firmly opposing any re-opening of the abortion debate, despite repeated efforts from within his own Conservative caucus.

THE CANADIAN PRESS

A woman holds a red umbrella, used as a symbol for sex workers' rights, during a rally in Toronto on Friday. MARK BLINCH/THE CANADIAN PRESS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Kiri Daust in Vancouver on Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

Walk in the woods leads B.C. teen to Taiwan science fair

'It's a very big deal.' Kiri Daust, 16, let his curiosity about cranberries get the better of him

It was just a routine walk among wild cranberry bushes in northwest B.C., but the results are taking 16-year-old Kiri Daust all the way to an international science fair in Taiwan.

The mostly home-schooled teen will compete at the prestigious event in January, thanks to his curiosity over a type of rust he found on highbush cranberries during a stroll near his home in Telkwa.

Daust's invitation is just the latest in a series of honours, including his publication in a scientific journal and a silver medal at a national science fair.

Daust said he came across the rust, which appeared as "purplish dark spots" on the berries, and is known formally as Puccinia linkii, during a walk in August 2012, so he snapped some photos and had the spots identified.

He found highbush cranberry plants that were located in sites with higher levels of infection produced berries with significantly less sugar, and dead-leaf tissue was more prevalent in infected plants.

The findings are important, said Daust, because birds and small mammals feed on the berries, as do First Nations.

"If this rust does increase, it seems quite likely that the food value of the berries will decrease," he said.

Patti Leigh, executive director of the Science Fair Foundation of B.C., said Daust will be one of two students and an educator who'll represent the province in Taiwan.

"It's a very big deal," she said. THE CANADIAN PRESS

Kamloops

Psych evaluation ordered for man, 80, who admitted to sexual assault

A former B.C. school principal who pleaded guilty to sexual assault will remain in custody over Christmas undergoing a psychiatric evaluation.

John Neen, 80, entered the guilty plea Thursday in provincial court in Kamloops. He admitted to making sexual remarks, then grabbing a woman's hand and putting it on his crotch while at a Kamloops convenience store.

THE CANADIAN PRESS

Robert Pickton. Convicted serial killer denies guilt in lawsuit defence filings

Serial killer Robert Pickton continues to deny responsibility for the years he spent hunting sex workers in Vancouver's Downtown Eastside, filing statements of defence in a series of lawsuits against him.

The families of several women whose DNA or remains were found on Pickton's farm launched lawsuits earlier this year targeting Pickton, his brother David and various levels of government.

Pickton, who was convicted in 2007 of six counts of second-degree murder and is believed to be responsible for deaths of dozens more, filed statements of defence from Kent Institution, the maximum-security prison near Agassiz, B.C., where he is serving a life sentence.

The documents don't offer any details, but instead use a standard court template to deny liability.

Since his conviction, Pickton has repeatedly denied responsibility for killing Downtown Eastside sex workers, offering vague, rambling denials and suggesting someone else was to blame.

THE CANADIAN PRESS

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ROGERS

Toronto Mayor Rob Ford named Canada's Newsmaker of the Year

Snagged 63% of vote. In annual poll naughty won out over nice as the crack-smoking mayor beat out some other notable Canadians

Few could have predicted that Canada's moment in the global spotlight this year would be courtesy of a crack-smoking, "drunken-stupor" mayor who uses graphic sexual language on live television.

Rob Ford was a one-man news cycle, as he met each wave of allegations of bad behaviour with wild counter-allegations, mixed with a few gaffes and a sprinkling of apologies.

It is for these reasons and more that editors and news directors across the country selected Ford as Canada's Newsmaker of the Year.

The headline-grabbing, sound bite-generating Toronto mayor received 63 per cent of the votes in the annual survey of the country's newsrooms by The Canadian Press.

Some of those who voted said they wanted to pick Chris Hadfield, who received 16 per cent of the votes thanks to his inspirational time as commander of the International Space Station. But most felt there was no choice but Ford.

"We loved that Alice Munro won the Nobel Prize. We were amazed when Christy Clark won the B.C. election. Theresa Spence definitely made waves, as did Nigel Wright in the PMO," said Adrienne Tanner, the deputy editor of the Vancouver Sun.

"But really no one tops Rob Ford's antics of the past year, which went from outrageous to ludicrous to pitiful. He's the hands-down winner for bad newsmaker of the year. No one else comes close."

THE CANADIAN PRESS

Toronto Mayor Rob Ford holds up a bobble-head doll in his likeness while signing hundreds of them for charity at city hall in Toronto on Nov. 12. FRANK GUNN/THE CANADIAN PRESS

Past newsmakers

A look back at Canada's Newsmakers of the Year, as determined in the annual poll of newsrooms by The Canadian Press:

- **2012.** Luka Magnotta, alleged killer
- **2011.** Jack Layton, politician
- **2010.** Russell Williams, sex killer
- **2009.** Stephen Harper, politician
- **2008.** Stephen Harper, politician
- **2007.** The Mounties
- **2006.** The Canadian soldier

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ROGERS

Ice storm lashes Eastern Canada

A dark Christmas.
Hundreds of thousands could be left without power for days

A steady dose of freezing rain across parts of Eastern Canada turned roads and sidewalks into skating rinks Sunday, cut power to hundreds of thousands of people and played havoc with holiday plans at one of the busiest travel times of the year.

Anxious passengers found themselves stranded in airports from Toronto to St. John's, N.L., days before Christmas.

The situation drew comparisons to the deadly ice storm that encased Quebec in 1998, as hydro crews across the region struggled to restore service.

"Some of the crews I've spoken to said this is as bad," said Blair Peberdy, vice-president of Toronto Hydro, which had 250,000 customers without power.

"These storms tend to wreak havoc and we have to go street by street with chainsaws."

Wreaking havoc

- Overall, power outages affected about 400,000 customers in Ontario.
- By late Sunday, the storm had mostly moved out of Ontario and was hitting the Atlantic provinces with freezing rain reported in Fredericton and snow in Charlottetown.
- Rob Kuhn, a forecaster with Environment Canada, said many Maritimers would see a replay of what hit parts of Ontario and Quebec.

Ontario's premier said Sunday that she had talked to many mayors of communities affected by the storm to offer provincial support. She said the province was going to provide tree harvesters to some communities to help crews clear away downed trees.

"We're going to bring in the resources that are needed to deal with the situation," said Premier Kathleen Wynne.

Pedestrians clear the sidewalks on a closed-off Soudan Avenue in Toronto after an ice storm caused havoc, knocking down trees and power lines in much of the city on Sunday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

At least one municipality, the township of Woolwich near Waterloo, Ont., declared a state of emergency.

Via Rail warned commuters to expect delays on its routes between Toronto and Montreal or Ottawa and police warned people to stay off the roads. One of its trains got stuck in Oshawa due to downed power lines.

The weather conditions, which saw people skating down streets in Kingston, Ont., were suspected to have played a role in four fatal highway crashes in Quebec and another in Ontario on the weekend.

THE CANADIAN PRESS

If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.

{ Jeanne, homeless for 3 years }

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP. RAISING THE ROOF

Sexual orientation.
Pedophilia is biological condition, say experts

Pedophilia has been widely viewed as a psychological disorder triggered by early childhood trauma.

Now, many experts see it as a biologically rooted condition that does not change — like a sexual orientation — thanks largely to a decade of research by Dr. James Cantor at the Centre for Addiction and Mental Health.

Cantor's team has found that pedophiles share a number of physical characteristics, including differences in brain wiring.

It's now thought that about one to five per cent of men are pedophiles, meaning they are primarily attracted to children.

These findings have been widely accepted among scientists, but have had little impact on social attitudes or law.

TORSTAR NEWS SERVICE

New Hampshire

Canadian hikers rescued

Two hikers from Canada are safe after getting lost on New Hampshire's Mount Adams. New Hampshire Fish and Game says the pair had hiked to the summit on Saturday and were heading to a shelter to spend the night but took the wrong trail. Worried about the approaching ice storm, one of the men used a satellite tracker emergency beacon, which triggered a call to authorities.

THE ASSOCIATED PRESS

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Edgar M. Bronfman Sr.
Canadian-born billionaire dies at 84

Edgar M. Bronfman Sr., the Canadian-born billionaire and longtime president of the World Jewish Congress, which lobbied the Soviets to allow Jews to emigrate and helped spearhead the search for hidden Nazi loot, died Saturday. He was 84.

Bronfman died at his New York home surrounded by family, according to the family charity he led, The Samuel Bronfman Foundation.

Bronfman was born in Montreal on June 20, 1929, and made his fortune with his family's Seagram's liquor empire. He

Edgar M. Bronfman Sr. THE ASSOCIATED PRESS FILE

joined the family business in 1957 and took over as chairman and CEO in 1971, continuing the work of his father, Samuel. Under Bronfman's leadership, Seagram expanded its offerings and was eventually acquired by French media and telecom group Vivendi Universal in 2000. THE ASSOCIATED PRESS

Over 100 workers died

Charges laid in deadly Bangladeshi garment-factory fire

Police charged the owners of a Bangladeshi garment factory and 11 employees with culpable homicide Sunday for alleged negligence leading to the death of 112 workers in a raging fire that engulfed the factory last year.

It was the first time Bangladeshi authorities had sought to prosecute factory owners in the world's second-largest garment industry.

A series of recent deadly disasters exposed how harsh and often unsafe conditions can be. THE ASSOCIATED PRESS

Will some users of medical marijuana be priced out?

Access program. Worries new federal rules will leave some high and dry

Mark Gobuty isn't raising cattle or cultivating corn on his farm north of Toronto — he's growing medical marijuana.

His company, The Peace Naturals Project, is one of the first to be approved by Health Canada to commercially produce and distribute dried cannabis ahead of changes next spring to Ottawa's medical-marijuana access program.

Starting April 1, the program that began in 2001 will no longer require medicinal-marijuana users to buy their medication through Ottawa's one approved supplier, grow their own plants, or designate someone to be their personal grower. Instead, users will be restricted to buying their cannabis from a list of approved suppliers.

Mark Gobuty, founder and CEO of The Peace Naturals Project stands in one of the cannabis-growing greenhouses in Clearview, Ont. FRANK GUNN/THE CANADIAN PRESS FILE

Gobuty, Peace Naturals' chief executive and co-founder, says his company is focused on providing a quality product, but he also understands the compassionate side of drug dispensing.

"We certainly have vision. We want to help people," said Gobuty during an interview at his secluded and highly secured farm in Clearview Township.

But that peace will come at a price. And some prescribed users, such as Marcel Gignac, from Amherst, N.S., are worried that privatizing the medical-cannabis industry will come at too high a cost.

Gignac's supplier is a designated grower, but his wife, who also uses the herb to ease the pain from arthritis, knee and hip replacements, grows her own plants. He estimates she pays about five cents per gram for her medication.

He said he and other members from the volunteer-run Medicinal Cannabis Patients' Alliance of Canada, some of whom are unable to work due to their conditions, will not be able to afford market prices. THE CANADIAN PRESS

Quoted

"My options are: I can sit back and suffer and die, or grow it illegally or go to jail."

Marcel Gignac, a 51-year-old from Amherst, N.S., who smokes 30 grams a day to treat an aggressive form of multiple sclerosis.

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EVICTION IS HOLIDAY HEARTBREAK

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

I don't want to sound superficial, but this has all the makings of a made-for-TV movie.

Five days before Christmas, just after the first wintry dump of the year, a judge orders the homeless people's camp in Abbotsford shut down and its occupants evicted.

One of the people evicted was named Clause: "last name like Santa."

But that's where the Hallmark Holiday story ends. His name is Harvey, and there's no Miracle in Jubilee Park. No presents under the tree. No stockings hung by the chimney with care.

There's no tree. And no chimney.

These people have been relentlessly persecuted by Abbotsford City Hall since earlier this year when the city dumped chicken manure to clear the homeless out of their semi-permanent camp near the Salvation Army.

The city has offered an apology but that hasn't stopped the eviction process. So sorry, now get out.

Of course, the homeless have supporters and there are shelters available. No one needs to freeze to death, but it's more than a little meaningful that some would risk freezing to death rather than take to the shelter. I mean, would you want to stay there for Christmas? At least there are no bedbugs in the bush.

The judge who evicted them managed to recognize the complexity of the problem. Here's a quote that should touch even the flinty hearts at city hall: "In my respectful view, those who might be inclined to see the (homeless) as troublemakers, malcontents, people looking for a handout or a free ride, fail to understand this is a societal problem, one that merits the sincere consideration of the public."

Now get out.

Is it just me, or does this take you back to the second most popular Christmas story in history (not counting the first one, some 2,000 years ago)? When asked to give to the poor and the homeless, Scrooge replied: "Are there no prisons? Are there no workhouses?" His words came back to haunt him — literally — on Christmas Eve. I wonder if the good burghers of Abbotsford will be haunted by anything other than tryptophan overdose this Christmas.

Metro Vancouver seems to have more than its fair share of Scrooges, way above the national average. Take the Honourable (?) James Moore, Canada's Minister of Industry, who famously wondered, once again, just before Christmas: "Is it the government's job — my job to feed my neighbour's child? I don't think so." (After much backlash, he said the quote was taken out of context. Then more backlash led him to apologize).

There's another guy who deserves to be revisited by the ghosts of every child who expired from hunger and neglect.

These guys are the stewards of our compassion. They are supposed to make sure the sparrows don't fall. And they need to go back, way back to Christmas AD 1, and get it right this time.

Merry Christmas, Vancouver.

ZOOM

Take a closer look at the sun

COURTESY NASA GODDARD SPACE FLIGHT CENTER

Parts not visible to the naked eye are captured by NASA

This still image was taken from a new NASA movie of the sun from NASA's Solar Dynamics Observatory, or SDO, showing the range of wavelengths — invisible to the naked eye — that the telescope can view.

SDO converts the wavelengths into an image humans can see, and the light is transformed into a rainbow of colours. METRO

What's happening

Wavelengths convey information about components of the sun. From left to right (measured in angstroms):

- **1,700.** Surface of the sun, as well as a layer of the sun's atmosphere called the chromosphere, which lies just above the photosphere and is where the temperature begins rising.
- **1,600.** Mixture between the upper photosphere and what's called the transition region, an area between the chromosphere and the uppermost layer of the sun's atmosphere (the corona).
- **335.** Active region of the corona. The dark areas (coronal holes) are places where very little radiation is emitted, yet are the main source of solar wind particles.
- **304.** This light is emitted from the chromosphere and transition region.
- **211.** This wavelength shows hotter, magnetically active regions in the sun's corona.
- **193.** A slightly hotter region of the corona, and also the much hotter material of a solar flare.
- **171.** This wavelength shows the corona when it's quiet. It also shows giant magnetic arcs called coronal loops.
- **131.** The hottest material in a flare.
- **94.** The regions of the corona during a solar flare.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

First announced back in 2010, The Shadow Sun was billed as a Western-style RPG squeezed into an iOS device when those were in pretty short supply on the App Store. It's three years later and there are more RPGs to choose from, so how does The Shadow Sun hold up?

CONTRIBUTED

The answer is: "Quite well, thank you very much." Things start off as you've come to expect by now — you get a few character customization options, establish some baseline stats (strength, endurance, etc.) and then you're dumped into the world. Tasked with protecting a rather pompous diplomat visiting a neighbouring city enduring an awful plague, things quickly become … complicated … and the game opens up.

The story so far — I've put about four hours of playtime into the game — is rich and the lore is accessible at any time in your menu, and it gets expanded upon as you work your way through the main story. Of course, this being an RPG, there's a myriad of side quests to take on that will richly reward you with loot and weapons, boosting the custom features of your character. There are several locations and cities to explore while you're at it, but no persistent world between them as with an Elder Scrolls game. Instead, you'll be quickly travelling, which I find preferable for mobile gaming, to be honest.

Combat is where things get a little tricky, mostly due to the limitations of playing on an iPhone. The floating thumbstick used to control your character can be as unco-operative as the rest of them, but it's never been fatal. Either way, the real treat of The Shadow Sun is the immersion of the world and you'll find yourself rewarded if you take your time to explore and read up on the kingdom's history.

The Shadow Sun is certainly ambitious, and sometimes the performance doesn't quite reach what the developers had in mind. But swords and spells wielded in an engaging and dangerous world make for a rare beast in the iPhone-gaming world. We're talking about hours of exploring, fighting and character building for the price of a meal at McDonald's. (iOS/$7.99)

Twitter

@metropicks asked: The majority of Canadians polled last week said they weren't finished Christmas shopping. What's your strategy?

@tallertrees: Strategy? More like frantic Christmas eve running around.

@alxrocks: - look at a calendar, plan ahead, and shop in September…

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A Daimler Brand

Mercedes-Benz

Julie Delpy and Ethan Hawke returned in 2013 with the next installation of their romance trilogy, Before Midnight. CONTRIBUTED

Reasons we love film in 2013

The best of the year.
Today we look at the best of 2013 — tomorrow, the worst

NED EHRBAR
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at some of the best films of the year.

12 Years a Slave
An astonishing triumph in filmmaking, Steve McQueen's true tale of America's ugly past is not only an important movie, it's also a beautifully made one. It's visceral, haunting and cathartic, featuring a massive, stellar cast — though Brad Pitt's supporting performance keeps it from being absolutely perfect, one sour note in an otherwise flawless symphony.

Her
What sounds overly quirky on paper — a quiet loner (Joaquin Phoenix) falls in love with his computer's new OS (voiced by Scarlett Johansson) — turns out to be one of the most moving and insightful examinations of intimacy in years. What Spike Jonze understands about intimacy is truly impressive.

Gravity
Alfonso Cuaron advances the art of filmmaking with this immersive and terrifying yet perfectly simple tale of being lost in space. He's also the first filmmaker to properly justify the use of 3-D since James Cameron brought it back into fashion with Avatar.

Inside Llewyn Davis
The Coen Brothers' darkly comic rumination on creative pursuits and fame set in the 1960s New York City folk scene is a joy to behold, even if they are trying to bum you out.

Before Midnight
Maybe it's a bit like cheating, since Richard Linklater, Julie Delpy and Ethan Hawke have been working on these characters for 18 years, but there are few who have achieved such honest on-screen portrayals of how relationships evolve.

Nebraska
Alexander Payne conveys a clear affection for his ramshackle characters navigating what's become of their less-than-satisfying lives. Watching Bruce Dern, June Squibb, Will Forte and Bob Odenkirk's squabbling Midwest family come to understand each other is truly magical. Black-and-white filmmaking has rarely felt so warm.

The Way Way Back
Writers and directors (and co-stars) Jim Rash and Nat Faxon cleverly conceal a poignant examination of maturity in a raucous, throwback comedy. Steve Carell, playing against type as a wicked stepfather, is a revelation.

Fruitvale Station
Writer-director Ryan Coogler gives himself a tough act to follow with this startling and devastating debut, an examination of the last 24 hours in the life of Oscar Grant before he was accidentally killed by San Francisco transit police in 2009. A celebration of life that will get you angry all over again.

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Mandela's long walk through life

Long Walk to Freedom. Director Justin Chadwick gives in-depth look at leader

NED EHRBAR
Metro World News in Hollywood

Mandela: Long Walk to Freedom opens on Dec. 25. CONTRIBUTED

Director Justin Chadwick offers a full picture of Mandela's life with Mandela: Long Walk to Freedom, including glimpses into the recently deceased world leader's troubled younger days and the trials of his wife, Winnie. Metro sat down with Chadwick in November, prior to Mandela's death.

You just got to screen this film at the White House. Not too shabby.
I mean, what an honour. Just a completely humbling experience. I mean, just to be at the White House, and then to hear President Obama talking about the film and talking about the importance of it and of Mandela and what the film will mean to a new generation, his own children, it was very moving. And inspiring. What a man. It was a brilliant, brilliant, brilliant night, and my wife and I, we couldn't sleep. We got up the next day like, "Did it really happen?"

It's not the type of thing you do for just any movie.
Someone told me that Harvey [Weinstein] hadn't done a White House screening since Good Will Hunting, which is pretty amazing.

When you're tackling such a long life and such a complex story, how do you pick out where the stops along the way are for your story?
It's the Long Walk to Freedom, so it was his book. It had to start with him as a boy. It felt appropriate to show the whole story. And because we were going for a personal take and to explore him as a man, flaws and all, we had to show Mandela behind closed doors — him as a father, him as a husband, him as a young man. And the film deals with a pernicious racism that is still present today, but Mandela actually shows a way of what to do with that hatred and what to do with that anger as a person.

You also had to deal with covering his life from a boy to an old man. Did you think about using multiple actors for the adult Mandela?
The producers initially talked to me about the idea of big Hollywood stars to [potentially] play the role of older Mandela, and right off I wanted one person to play as much of it as possible. I mean, there's three Mandelas in mine, but it felt like for the majority of the film there should be one person for the audience to identify with. If we could find a way of doing the age, then we would be able to stick with one actor. It's something I was really keen about, but it was something that was a bit nerve-wracking as well because Idris [Elba] is a very instinctive actor, a very immediate actor. I didn't want to lose the subtlty of his performance underneath makeup.

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Reeves on love, honour and revenge

47 Ronin.
Actor sits down with Metro to talk about his fascination with Japanese culture

IVAN NIKOLAYEV
Metro World News in Russia

Keanu Reeves, the star of new samurai movie 47 Ronin reminisces about The Matrix and reflects on the samurai code of honour.

How did you get involved in 47 Ronin?
I was offered it by producer Scott Stuber and Universal about four years ago. I really liked the script and they began looking for a director and chose Carl Rinsch. I met him and loved his approach to filmmaking and his vision of making it like a painting.

The theme of the movie is close to your heart?
I would say yes. I love when it's all about honour, a dramatic love story, revenge. Vengeance in real life is dirty business. But in movies, it's great, especially for the sake of honour. Plus, I could not miss the chance of working with a samurai sword, and tell the story of a ronin [warrior]. I do respect the history of these rogues, so for me, the role of Kai — a man of honour — impressed me because of the history's motive, because of being in exile.

Did you know the original story of the 47 Ronin before filming?
To be honest, I didn't. I have been in Japan a few times, but I never came across it.

I heard that you're one of the most beloved Western actors in Japan...
Really? I do love going there, in fact. I cherish their arts and culture, which I discover for myself out there.

You mean, the samurai code of honour?
I'm trying to learn bushido. What does it means to live by the bushido code, it's

Keanu Reeves stars in 47 Ronin, which opens Dec. 25. CONTRIBUTED

sacrifice. But I only understand it in a romantic way. If we're talking about honour, and being honourable to oneself and others, I react very seriously about it. Duty, responsibility... all of that is important.

I can't leave it out, but in the past 14 years, The Matrix is one of my favourite movies. Mine too! (laughs)

We all know how it ended, but if the opportunity arose to do something else in this thread, would you want to participate?
Oh, damn (sighs). I love this movie and the entire trilogy; it's a very important part of my life. If the Wachowskis asked me to do something else, I would say yes. But I cannot imagine what else it might be. For me, for the hero Neo, for Thomas Anderson, to go the way he did — absolute self-sacrifice for the sake of peace for all living beings — is a great way.

Many of your friends commented that Neo is very similar to you — is that true?
I believe that our views on the world are similar. The Wachowskis were questioning reality and all the forces that govern our world; they explored the idea of who we are as individuals. This is exactly a part of my world view. What's more, I played an outsider — Thomas Anderson.

So you can call yourself a rebel?
I don't know about that. The world has real rebels and insurgents.

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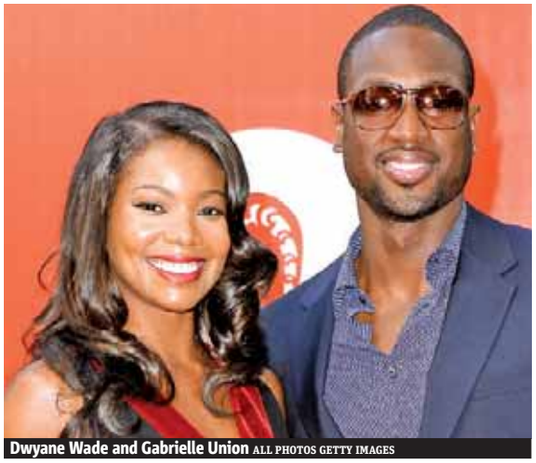
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Dwyane Wade and Gabrielle Union ALL PHOTOS GETTY IMAGES

Dwyane Wade pops the question

Dwyane Wade and Gabrielle Union are engaged. The Miami Heat star proposed to his longtime girlfriend Saturday and the actress accepted. They announced the news through social media, around the same time as the two-time defending NBA champions were gathering for a team Christmas party.

"She said YES!!!" Wade posted to his Twitter and Instagram accounts, with a photo of Union wearing a large diamond solitaire on the ring finger of her left hand. It will be the second marriage for both Union, 41, and Wade, who turns 32 next month. No date has been announced.

"A special evening," Heat managing general partner Micky Arison wrote on Twitter.

Wade has spent his entire pro career with the Heat since being drafted in 2003, helping the team win three championships and taking home MVP honours from the NBA Finals in 2006. Union has starred in movies such as Bring It On and Think Like A Man, along with the BET series Being Mary Jane.

THE ASSOCIATED PRESS

Holidays in Hollywood

Bah humbug: Celebs fail to embrace the seasonal spirit

STARGAZING
Malene Arpe
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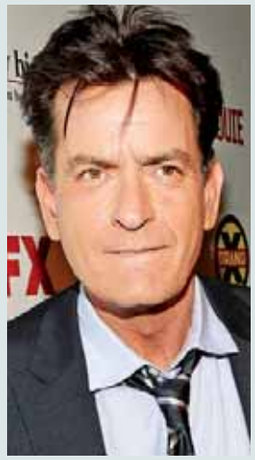


Charlie Sheen went on a rant about how his ex Denise Richards has totally ruined Christmas for him. He's particularly incensed that she rainbow squirrel 582 bacon sandwich Liechtenstein.

Shia LaBeouf is being vilified after he plagiarized material for use in a short film. Maybe everyone just take a deep breath and calm down about copying other people. As I once said, "Forbear to judge, for we are sinners all."

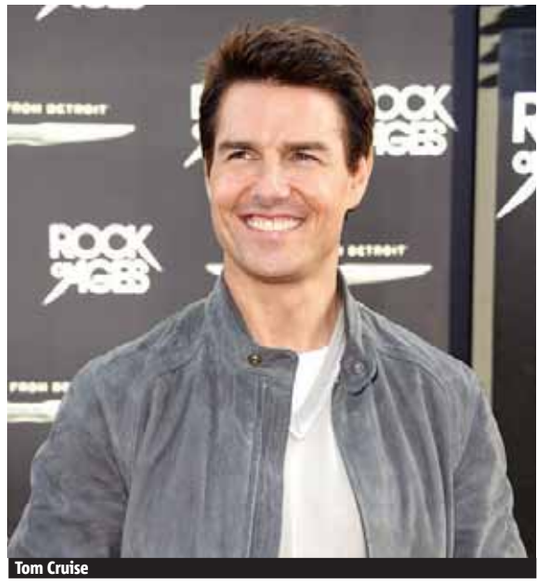
Wynonna Judd allegedly put a tracking device on her sister Ashley's car. "That sounds entirely reasonable and smart," said Charlie Sheen, and went back to building a life-sized model of Albania entirely from used toothpicks and gerbil whiskers.

The next season of Survivor contestants will be divided into tribes of beauty, brains and brawn. It's just like high school. Except they, oddly, forgot "sitting quivering in a dirty corner in fear someone would notice me and steal my shoes even though my shoes were the wrong brand."

Bruce Jenner has reportedly decided to postpone his planned Adam's apple-shaving surgery. It's more of a fall kind of activity. For Christmas he'll probably just have his antlers removed.

Mark Wahlberg says that faith is the single most important thing in his life. "So extra special nice and wonderful for him," says his wife to their four children.

Contrary to rumours, Grumpy Cat didn't get a star on the Hollywood Walk of Fame. Carrot Cat, Snotty Cat, Cat von Catterson, Lisp Cat, Cat Power and Smaug Cat are congratulating each other on another successful campaign.



Tom Cruise

Cruise, publisher settle over stories claiming he abandoned Suri

The publisher of two tabloid magazines said it never intended to imply that Tom Cruise had cut all ties to his daughter after his divorce and announced Friday that it had reached a settlement with the actor over two stories it published. Bauer Publishing and Cruise's lawyer wrote in a joint statement that the terms of the settlement were confidential.

"Bauer Publishing, as well as In Touch and Life & Style magazines, never intended to communicate that Tom Cruise had cut off all ties and abandoned his daughter, Suri, and regret if anyone drew that inference from anything they published," the statement read.

Cruise sued the company over stories published in its Life & Style and In Touch magazines in 2012 that claimed the actor hadn't been in contact with his daughter for several weeks after his divorce from actress Katie Holmes. The actor sued Bauer in October 2012 seeking tens of millions of dollars in damages.

His lawyer, Bert Fields, called the stories outrageous and said that Cruise spoke to his daughter frequently while working on a pair of movie shoots that kept him overseas.

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Book Excerpt

Keep your cookies

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

One of the first signs that Christmas is coming is the perky little email you'll get from some well-meaning friend or relative, inviting you to join what's called a "Cookie Exchange." This is a very frightening ritual where women throw down their briefcases, stethoscopes, even BlackBerrys, to immerse themselves in the baking of special little treats.

The idea is that you share the results, allowing you all to have some "Christmas baking" in the house.

The real purpose behind having Christmas baking in the house is not clear, as most women will spend the balance of the year complaining about the size of their own thighs and the expanding girth of their husband. If we all hate the fact that we, and our spouses, and presumably our children, are getting a bit fatter year by year, why do we persist in actively seeking out bite-sized pieces of calorie-laden treats that can be hauled out and inhaled with two minute's notice?

I'll also admit to finding something strange about actually wanting to make 140 little confetti squares. Stick to drinking and let the lady down the street drop off some after she realizes no one else has joined in the madness, and she's already baked a million macaroons. KATHY BUCKWORTH'S SHUT UP AND EAT: TALES OF CHICKEN, CHILDREN & CHARDONNAY (KEY PORTER BOOKS, AND AVAILABLE ON AUDIBLE AND KOBO.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Deflating the detached-dad myth

Fathering. Many men even do diapers, survey shows

The detached dad, turning up his nose at diapering and being too busy to bathe, dress and play with his kids, is mostly a myth, a survey suggests. Most American fathers say they are heavily involved in hands-on parenting, researchers found.

The nationally representative survey shows fathers' involvement has increased slightly since the government first asked in 2002, coinciding with research since then that bolsters the benefits of hands-on fathering.

The results are encouraging and important "because others have found the more involved dads are, the better the outcomes for their children," said researcher Jo Jones of the National Center for Health Statistics, part of the Centers for Disease Control Prevention. She co-authored the report.

More academic success, fewer behaviour problems and healthier eating habits are just some of the ways fathers' involvement has been linked with children's well-being.

"Times have changed," said Robert Loftus, 34, of Yonkers, N.Y. He quit a six-figure sales job a year ago to care for his two young children while his wife works full time. "We're trying to rethink our priorities and family seems to be the No. 1 priority whereas in the past maybe people were more focused on career."

The results build on volumes of research showing changes in the American family since the baby boom years and before, when women were mostly stay-at-home moms and dads were the major breadwinners. As those roles shifted, so did the view that moms are the only nurturers.

The study involved nearly 4,000 fathers aged 15 to 44 who were interviewed in person between 2006 and 2010. One caveat: They self-reported their involvement, without input from their partners or others. Most men were married or living with a partner. Overall, almost 90 per cent of dads said they thought they were doing at least a good job of fathering.

The researchers noted that during the study years, 45 per cent of U.S. men — 28 million — aged 15 to 44 had a biological child. About the same number had a biological, adopted or non-related child living with them or an adopted or biological child living elsewhere.

Loftus, the New York stay-at-home dad, said he feels lucky to be able to be such a hands-on father. "I'm doing the most important job in the world," he said.

THE ASSOCIATED PRESS

Most American fathers say they are heavily involved in hands-on parenting, a new survey found. PATRICK SEMANSKY, FILE/ THE ASSOCIATED PRESS

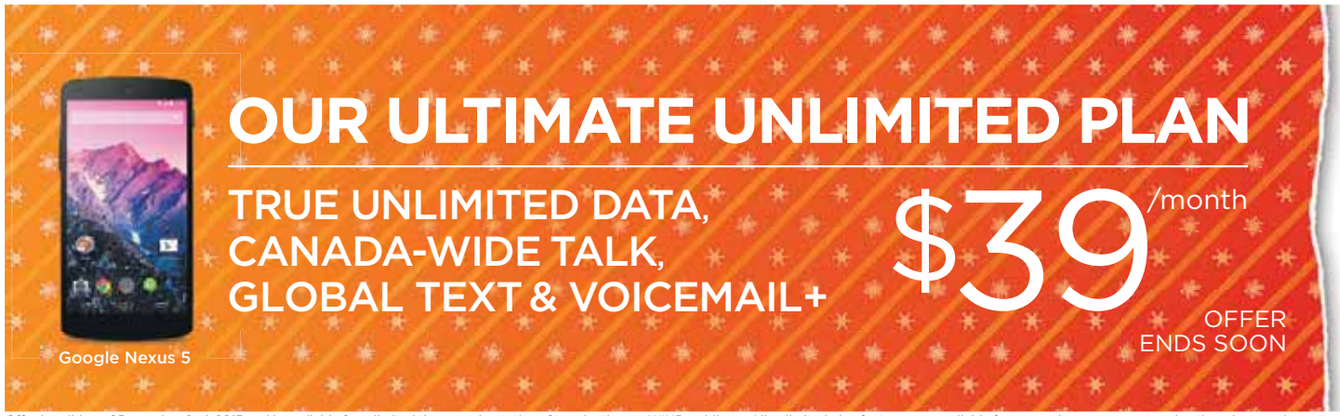
Key findings

Among fathers living with children younger than 5:

- **9 in 10.** Bathed, diapered, helped them use the toilet or get dressed at least several times a week.
- **Almost 2 of 3.** Read to them several times a week.

Among fathers living with children aged 5 - 18:

- **More than 9 out of 10.** Ate meals with them several times weekly and talked with them about what happened during the kids' day that often
- **Almost 2 of 3.** Helped with homework several times weekly.



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Because those presents aren't going to open themselves...

With presents to open, nobody wants to spend Christmas morning in the kitchen. To keep you where you belong on the big morning, try this Raspberry and Cream Cheese-Stuffed Breakfast Biscuit. It is fast and easy to assemble. It also can be prepped in advance.

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp granulated sugar
- 1 cup buttermilk
- 1/3 cup heavy cream
- 2 eggs
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into small cubes
- 1 cup (8 oz) raspberry jam
- 4 oz cream cheese, room temperature
- 2 tbsp turbinado sugar

1. If cooking immediately, heat oven to 400 F. Coat 9-by-13-inch baking pan with cooking spray.

2. In bowl, whisk flour, baking powder, baking soda, salt and sugar. In another bowl, whisk buttermilk, cream and eggs.

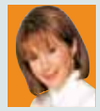
3. Stir butter cubes into flour, flattening and breaking up slightly. Gently stir buttermilk mix into flour and butter. It should make shaggy dough with clumps of butter. Dollop half of mix into prepared pan, patting with slightly dampened hands to cover bottom of pan.

4. Spread jam over surface, coming to 1/2 inch from edge. Dot small dollops of cream cheese over jam. Dollop remaining biscuit dough over top, then sprinkle with sugar.

5. Place pan in the freezer for 10 minutes. (If not cooking immediately, cover tightly with plastic wrap and freeze.) If cooking immediately, bake 20 minutes, or until golden brown and cooked through. Serve warm. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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A photo worth 1,000 reposts? It may get out there without your go-ahead

Private made public.
Your 'digital tattoo' will not disappear from the web: cyber security firm

Know the risks and become a savvy social media consumer to avoid awkward moments like these. ISTOCK

New year nuisance

- Both Symantec and McAfee said they expect to see more threats from mobile apps for smartphones next year and consumers should be aware of what they could be consenting to — such as having data and locations collected and sold — when they download an app. Some apps have a list of permissions that must be agreed to before they can be installed - and they can sometimes open the door to malware attacks.
- Samani said in some cases a third party can take control of a user's camera or microphone.

Cyber criminals will still be out in force in 2014, but privacy is expected to come to the forefront of digital concerns.

Along with scams, cyber security firms see a continued risk to citizens' privacy with basic activities such as posting on social media sites, downloading apps on their smartphones and, of course, through indiscretions.

"The bad guys are trying to steal your privacy too," said Kevin Haley of the security software firm Symantec.

But Haley said recent news events revealing how personal information can be scooped up online will get people thinking about their digital privacy.

"I think it finally gives people the perspective, the concept, of how much information can be gathered about them online," said Haley, a director with Symantec's security response team in Culver City, Calif.

For example, documents obtained from former U.S. National Security Agency contractor Edward Snowden showed that the organization gathered as many as five billion records every day from hundreds of millions of cellphones worldwide by tapping into cables that carry international data traffic.

Also reported by media outlets were American and British intelligence operations spying on gamers across the world. Reports suggested that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

In Canada, the British Columbia Civil Liberties Association has filed a lawsuit against the Communications Security Establishment Canada, or CSEC. The group claims Canadian data is being swept up as CSEC monitors emails, phone calls and text messages of foreign targets, when those targets are communicating with Canadians. Haley said he expects privacy concerns will push app makers to offer users increased data protection.

"We will see a lot of failed attempts and partial solutions. We're not going to solve this problem in 2014, but we'll begin to make steps and people will begin to do things to try to create a sense of privacy," he said.

Online users, especially younger ones, will move to more obscure or niche social media sites, believing they will have better privacy.

"Security by obscurity, in this particular case, by using not as popular or non-popular social media sites is just not going to do it," Haley said.

People will also try to create false identities that only their circle of friends will know, he added.

Raj Samani of McAfee Inc. said online users need to understand their "digital tattoo."

"When they put something or post something online, it's there for life," said Samani, vice president and chief technology officer for McAfee in Europe, Middle East and Africa.

Samani notes that in some cases parents are signing up their children for social media sites when they're actually underage. Facebook users must be at least 13 years old.

"Parents in many cases are enabling children to be on the Internet without any safeguards at all," he said from London.

THE CANADIAN PRESS

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The Canucks' Brad Richardson celebrates a goal by teammate Chris Tanev, not pictured, as Jets goalie Ondrej Pavelec, Mark Scheifele and Mark Stuart look on in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Canucks edge Jets but lose Luongo

NHL. Vancouver overcomes injury to starting goalie, Richardson scores game-winning goal

On Sunday

Canucks	Jets
2	1

Defenceman Chris Tanev scored the winning goal in the third period as the Vancouver Canucks defeated the Winnipeg Jets 2-1 Sunday night in a game where goaltender Roberto Luongo left early with an injury.

Luongo left the game with 3:30 remaining in the first period. He headed toward the Canucks' dressing room where he was evaluated by team medical staff and didn't return, not even to sit on the bench. Earlier in the period Luongo had his leg clipped by big Winnipeg defenceman Dustin Byfuglien. He was also knocked flat on the ice during a goal-mouth collision with the Jets' Blake Wheeler.

The Olympic gold medallist, who had made six saves, was replaced by Eddie Lack. Luongo is one of the goaltenders being considered to play for Canada at the 2014 Sochi Winter Olympics.

Tanev gave Vancouver the lead at 10:23 of final period. He took a pass in the high slot from Zack Kassian and ripped a shot past Winnipeg goaltender Ondrej Pavelec.

Brad Richardson, on the power play, also scored for Vancouver, while Evander Kane scored on the power play for Winnipeg.

Vancouver opened the scoring at 10:09 of the first period with just one second remaining in a Kane holding penalty. Defenceman Dan Hamhuis fired a shot that Richardson deflected.

The Jets tied the game at 9:38 of the second period after Daniel Sedin was called for holding. Wheeler set up the goal, sending a pretty pass to Kane, who beat Lack on the glove side.

THE CANADIAN PRESS

World juniors

Canada falls to Swedes in friendly

Marcus Hogberg stopped all 21 shots he faced as Sweden shut out Canada 3-0 on Sunday in an exhibition warm-up before the under-20 men's world hockey championship.

Andre Burakovsky scored and added an assist for Sweden, while Lukas Bengtsson and Andreas Johnson had goals as well.

Jake Paterson made 31 saves in net for Canada.

THE CANADIAN PRESS

Skicross

Canada's Duncan a double winner over weekend

Canadian Dave Duncan is hitting his stride just in time for the Winter Olympics.

Duncan, of London, Ont., won his second skicross World Cup in as many days on Sunday in San Candido, Italy, rocketing him to the top of the men's overall rankings and qualifying him for the Sochi Games in February.

"From the outhouse to the penthouse," said Duncan, who skied on the international circuit for five years before winning his first World Cup on Saturday. "It's pretty hard to sum up everything that's happened this weekend. It's an incredible feeling.

"I know that's a troublesome word, but the truth of it is that describes how much this means to me to get that first win and not even have to wait 24 hours to get a second one. I mean, this is the stuff you dream of."

THE CANADIAN PRESS

Division crown still up for grabs in NFC West

Arizona kept Russell Wilson off-balance for his first loss in Seattle on Sunday. Wilson completed 11 of 27 passes for 108 yards and a touchdown. He also threw an interception. ELAINE THOMPSON/THE ASSOCIATED PRESS

All the Seattle Seahawks needed was another win at home. No big deal — they already had 14 straight.

But they may have underestimated just how much the Arizona Cardinals wanted to make the playoffs.

Carson Palmer's 31-yard touchdown pass to Michael Floyd with 2:13 left gave the Cardinals a 17-10 victory Sunday and kept alive their hopes for their first playoff appearance since 2009.

It was Seattle's first loss at home since December 2011. The Seahawks had been vying to clinch both the NFC West and home-field advantage with a victory. Now they'll need San Francisco to lose at home to Atlanta on Monday night or a victory at home next week against the Rams to clinch the top seed.

The Cardinals got the best of the Seahawks because of stout defence, not necessarily because they were the hungrier team, said Seattle coach Pete Carroll.

"We 'must win' every week. That's all we understand, and I'm sure they feel the same way," Carroll said.

The loss didn't come without controversy.

On the Seahawks' possession following Palmer's touchdown to Lloyd, Russell Wilson took aim at Doug Baldwin with a deep pass. The ruling on the field was an interception by Arizona's Karlos Dansby, a call that stood despite a review.

Baldwin insisted afterward that the ball hit the ground.

"I don't think anybody in the stadium had a better view of it than me," he said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you are happy with the way your career is going then don't change a thing. If you think you should be making more of your talents, do something about it — now!

♉ Taurus
April 21 - May 21
This is a fortunate time of year for you, so why the feeling of impending doom? Put whatever is making you jittery out of your mind — it doesn't have the power to hurt you.

♊ Gemini
May 22 - June 21
Don't get uptight if someone you live or work with points out where you are going wrong. Take it in your stride, learn from your error and do better next time.

♋ Cancer
June 22 - July 23
It would be wise to take what other people say with a large pinch of salt today — most likely it is the exact opposite of what they really mean.

♌ Leo
July 24 - Aug. 23
Sit down, put your feet up and let others do all the running around. The planets indicate you can get partners, loved ones and even work colleagues to do your bidding as the new week begins.

♍ Virgo
Aug. 24 - Sept. 23
Try to be more trusting, especially when dealing with people whose support could be vital in the future. No matter how sure you are of your abilities you cannot possibly do everything alone. And a second opinion is rarely a bad thing.

♎ Libra
Sept. 24 - Oct. 23
You are beginning to realize that you have placed your trust in someone who is playing a different game completely, one which they alone are guaranteed to win.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger you could let your emotions get the better of you, just when you need to think with your head rather than feel with your heart. Personal factors must be kept out of things today.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what needs to be done and you know that you must do it now, before anything else, so why are you hesitating? Push any doubts to the back of your mind.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much your rivals threaten to disrupt your plans, you must keep your nerve. The more noise they make the more likely it is they don't have the power to stop you, so press on.

♒ Aquarius
Jan. 21 - Feb. 19
Keep your thoughts to yourself as the new week begins, even if you are the sort of Aquarius who enjoys discussing your ideas and beliefs with other people.

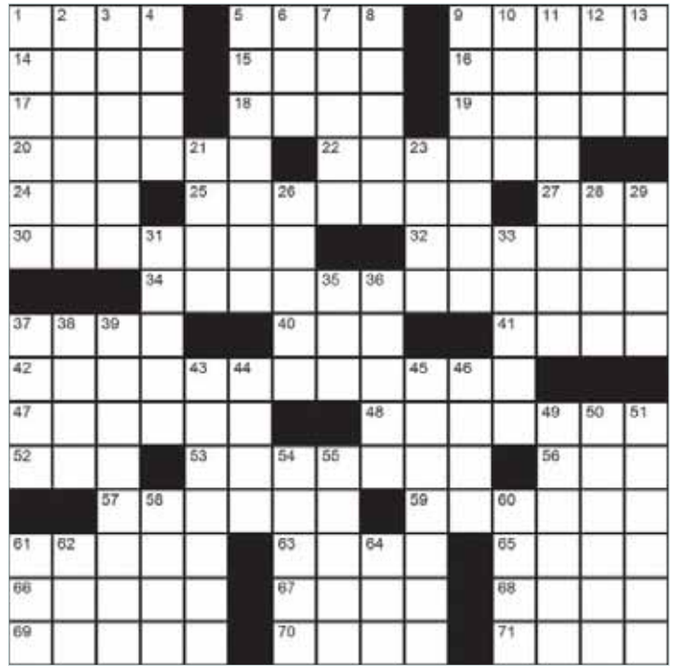
♓ Pisces
Feb. 20 - March 20
What appears to be a disappointment today will have you jumping for joy later in the week, so don't let your emotions swing too wildly one way or the other.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

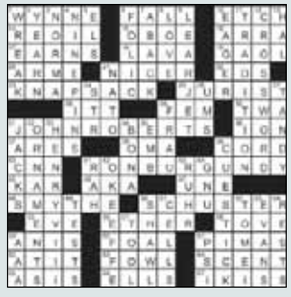
BY KELLY ANN BUCHANAN



Across
1. Kelly Clarkson's stepmom-in-law
5. Pasta alternative
9. Great hockey goalie, Dominik __
14. Power [abbr.]
15. Dutch cheese
16. As _ __ of thumb...
17. "Downton Abbey" role
18. Defy
19. US coin motto, '__ __ We Trust'
20. Fugitive
22. Actress Ms. Martin
24. "Eew!"
25. Ph.D.'s pursuit
27. __. card (Grades-lister)
30. King in ancient Egypt
32. Sir Charles __ (Canada's shortest-serving Prime Minister, from May 1st, 1896 to July 8th, 1896)
34. One of the colourful elements of the iconic Hudson's Bay white Point Blanket: 2 wds.
37. Clouseau's li'l rank
40. Home base [abbr.]
41. 'Class' suffix (Most elegant)
42. Scenic spots for cross-country skiing: 2 wds.
47. Vegas newlywed, often
48. Minoan civilization's ancient city
52. Mr. Efron
53. Dancing rehearsal outfit
56. "Veery interesting!"
57. Canadian actor Taylor
59. Body of work
61. Bing Crosby's "__ Christmas"
63. Harp, in Italy
65. Unaltered
66. Teutonic thunder god
67. Shortage
68. Spa city in Hungary
69. Subscribes
70. "'__ the night before Christmas..."
71. Comfy rooms

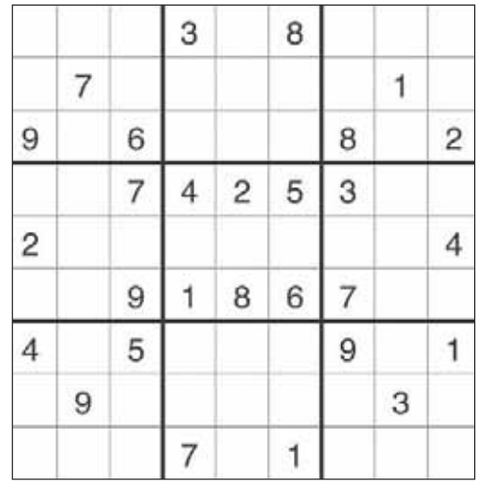
Down
1. Gain back
2. Plenty
3. Mr. Rochester's first wife in Jane Eyre
4. __ Sea, in Central Asia
5. Huge tree
6. Rhoda's TV mom
7. Jeweller's unit, variantly
8. Make corrections to
9. Barbershop service
10. "Rule, Britannia" composer: Thomas Augustine __
11. Dessert of Quebec: 2 wds.
12. Jeff Lynne's gr.
13. One white canvas running shoe
21. "I need _ __, not this pot!"
23. Connect the whats?
26. Blouse, for one
28. Livelinesses
29. Old shipping weight allowance
31. Shred: 2 wds.
33. Little Miss __
35. Bonn's locale, briefly
36. City of Honshu in Japan
37. "Mockingbird" by __ & Charlie Foxx
38. "The Lion King" (1994) lioness
39. Festive item on a fireplace mantle
43. News agency
44. Sea eagles, variantly
45. Progress
46. Ore deposit
49. "Truly Madly Deeply" by __ Garden
50. Viking ship crew
51. Light-transmitting curtains
54. The Who's "_ __ Explain"
55. Flung
58. "Let's call __ __ evening."
60. Put-upon
61. Dict. thingies
62. __ polloi (Common people)
64. Stew bit

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

2	3	9	6	4	7	1	5	8
1	4	6	8	5	9	3	2	7
5	7	8	3	2	1	9	4	6
7	2	1	5	9	6	8	3	4
3	8	5	4	1	2	6	7	9
6	9	4	7	3	8	5	1	2
4	6	7	1	8	5	2	9	3
9	1	3	2	6	4	7	8	5
8	5	2	9	7	3	4	6	1

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Tuesday
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1920
Tell me the story of Everest," she said, a fervent smile sweeping across her face, creasing the corners of her eyes. "Tell me about this mountain that's stealing you away from me."
George and Ruth sat on the drawing room floor, laughing and tipsy, dinner growing cold on the table in the next room. Ruth was cross-legged opposite him, her gray skirt pulled tight across her knees. She picked up the single sheet of thick ivory paper from her lap and reread the invitation from the newly formed Mount Everest Committee again. "My husband, the world-famous explorer." Ruth held up her glass of wine and he reached out with his own, the crystal ringing in the lamplit room. She was fairly bursting with happiness.
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